

# Practical recommendations to occupational health services of nuclear facilities for monitoring of internal exposure to radionuclides

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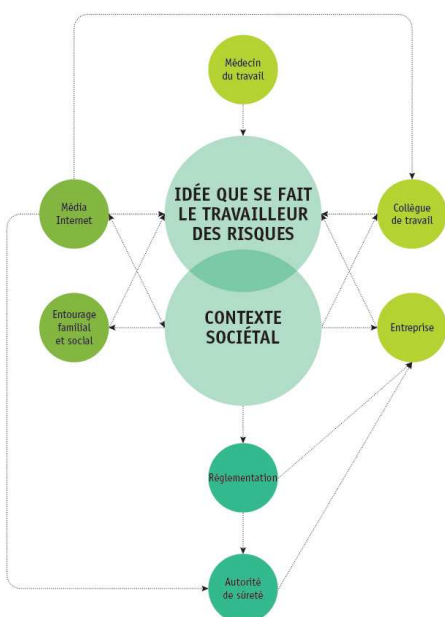
France: 1, CEA Marcoule; 2, CEA Fontenay-aux-Roses; 3, IRSN Fontenay-aux-Roses; 4, CEA Cadarache; 5, CEA Saclay; CEA Bruyère-le-Chatel; 7, EdF Saint Denis; 8, AREVA Marcoule

## 1. Context

In France, 64000 workers of nuclear facilities are exposed to a risk of internal contamination with radionuclides. Their follow-up is ensured by 450 occupational health practitioners. A reference guide for these professionals was recently promoted by the French society of occupational medicine (SFMT) and approved by the national authority for health (HAS).

## 2. Method

Each recommendation in this guide is an argued answer to a practical question, based on a review of the literature and experience from clinical cases. The recommendations were graded depending on the supporting literature and levels of evidence, or as professional agreement. A reading group expressed an opinion on the relevance, clarity and ease of application of each recommendation, which was revised accordingly.

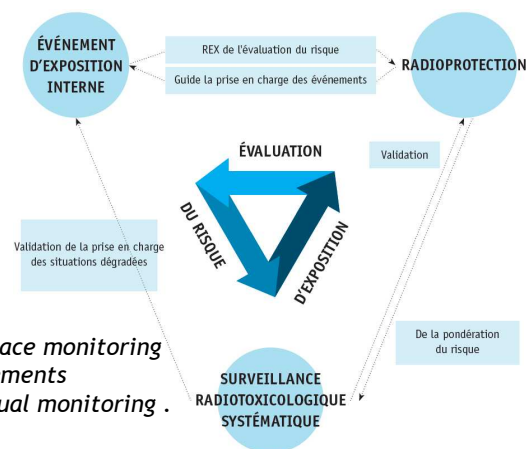


*different influences on the worker's judgement regarding risks*

## 3. Content

The recommendations answer the following questions on:

- **implementation, communication, traceability and records:** Why and when assessing a dose? How and who? What results to pass on? To whom? In which form? How to record and to file?
- **monitoring programs:** What objectives, principles and types of monitoring? What elements for risk assessment? What program to implement and how to confirm its relevance? What consequences of the socioeconomic context?
- **dose assessment:** What model and parameter? How to quickly interpret early measurements? How to assess and confirm intake and dose? What about the uncertainty? What to expect from software? What alternatives to the default model?
- **health risk and care:** When should the health risk be assessed? How? How to answer workers concern regarding the health meaning of the dose?



*Workplace monitoring complements individual monitoring.*

## 4. Perspectives

An English translation is under way. The guide may also help emergency physicians with the management of nuclear incidents. A new working group will draft similar recommendations concerning the staff in nuclear medicine.

← available for download (in French)

<http://www.chu-rouen.fr/sfmt/pages/Recommandations.php>

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